

# Flight Jacket

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## IN THE News

“My first thoughts today as we lifted off were of the 19 Marines who died in April, and their families. Today I am making good on a pledge I made to the families to be able to tell them the accident was not related to any design flaws. I have no doubt, or I wouldn't be here.”



— Gen. James L. Jones  
Commandant of the Marine Corps

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## Features

Discover the wet 'n wild world of Sea World

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## Traffic accidents lead to Corps tragedies

By Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

Since October 1999, 56 Marines have been killed in ground mishaps. They weren't all lost during combat or training missions or to disease, instead 44 Marines have been struck down in traffic accidents.

“Statistics show the largest killer of America's Marines is auto accidents,” said Gunnery Sgt. David Ward, Headquarters and Headquarters Squadron safety specialist.

Marines killed in traffic accidents made up 64 percent of all fatalities so far this fiscal year. The majority of them were between the ages of 18 - 25, said Ward. Most accidents occurred while Marines were driving off base or during liberty, said Ward.

Ward believes the reason why most of the fatalities were younger Marines is because they think they know everything and have less driving experience than their elders. To combat these grim statistics every base requires Marines under the age of 26 to take a Driver's Improve-

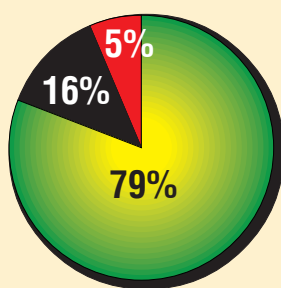
ment Course. All Marine motorcyclists are also required to take a Basic Motorcycle Safety Course.

The courses seem to be working well, according to Dan Jaquez, station training instructor. “Most people walk away from the class with a new appreciation for driving, and I have yet to have a motorcycle student come back and say what they were taught didn't work,” he explained.

Another program that will soon be initiated is the “Arrive Alive” program.

See **Accidents**,  
Page 10

Marine Corps ground fatalities to date for fiscal year 2000



Private Motor Vehicle/ Motorcycle  
On duty  
Recreation



“Statistics show the largest killer of America's Marines is auto accidents.”

— Gunnery Sgt.  
David Ward  
Headquarters and  
Headquarters Squadron  
Safety Specialist

Traffic flies down the southbound Interstate 15 during the morning rush hour. More Marines have died this fiscal year on the highways and byways of America than have been lost to combat and training. A total of 44 Marines have lost their lives in motor-vehicle mishaps since Oct. 1, 1999. Most of them occurred off duty.

photo by Staff Sgt. Ted L. Hansen

## MWSS-373 brings pond back to life

By Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

Marines from Marine Wing Support Squadron 373 have begun work to restore life to the station's old fishing pond.

The pond was built in 1952 for recreation, but throughout the years it fell into disrepair. Over the years sediment or decayed organic material has built up on the bottom of the pond from erosion.

The sediment took up oxygen from the water as different materials decayed. Because of this, only the top seven feet of water had enough oxygen to support life.

The lack of oxygen stunted the fish from reproducing and in some cases surviving, said Bob Taylor, Environmental Management Department, Natural Resources Division

See **Pond**, Page 3



Cpl. Jesse Heinnen, MWSS-373 hygiene equipment operator, pours oil into a “gallon-per-minute pump.” The pump is one of two used to drain what will soon become a recreational fishing pond. Once the eroded pond is completely restored, it will eventually be refilled and stocked with blue gill, channel catfish, and large-mouth bass. It will then be annually restocked with catchable trout.

photo by Cpl. Carolyn S. Sittig

## Most service members will see pay hikes in July

By Jim Garamone

American Forces Press Service

WASHINGTON — Most service members will see their pay increase in July as a result of the final leg of the compensation triad passed by Congress last year.

Pay table reform goes into effect in July with about 75 percent of service members receiving raises of one-half percent to 5.5 percent, said Navy Capt. Elliott Bloxom, director of DoD compensation. The other two legs of the triad DoD pushed last year were the overall 4.8 percent raise in January and retirement reform.

The increase in July is in addition to the January raise. “This is a permanent adjustment or correction to the pay

table to reward performance over longevity,” Bloxom said. “This restores some of the balance the pay table has lost over the last 50 years.” He said the reform has two other effects: every promotion will be worth more in terms of absolute dollars, and the table still provides meaningful longevity raises.

The percentage hike that people see in July varies depending on where and how much the pay table was out of adjustment, Bloxom said. Members will see changes if the table was out of whack or none, if the

See **Pay Hike**, Page 10



## Bats go distance during 'Global Patriot'

By Staff Sgt. Ted L. Hansen

PAO, MCAS Miramar

Marine All Weather Fighter Attack Squadron 242 took part in a mammoth joint force exercise June 5-10, involving air and ground assets from at least 30 Army, Air Force, Navy and Marine Corps units from at least 10 states.

The annual exercise known as 'Global Patriot' is coordinated by the Air National Guard Test Center in Tucson, Ariz., and is designed to provide an environment for geographically separated units to work as a coordinated, integral unit to achieve a common objective while meeting individual unit training requirements.

"Bats" pilots and aircrew flew 36 sorties, tallying about 140 flight hours during the exercise, accord-

ing to Capt. Mark T. Palmer, training officer, VMFA(AW)-242. Missions flown included long-range strikes at high and low altitudes, air-to-air, air-to-ground, and close air support missions, with aerial refueling opportunities to and from the objective area within the Utah Test and Training Range, West of Salt Lake City.

The Bats' F/A-18D "Hornets" took part in combined daily strikes of up to 20 aircraft against a smaller aggressor force. The strike force consisted of fighter jets such as Air Force F-15 "Eagle", Navy F-16 "Tomcats" and the AV-

8 "Harrier" attack jets from Marine Attack Squadron 211, based at Marine Corps Air Station Yuma, Ariz. Electronic warfare capabilities were added by Navy EA-6B

"Prowlers" and Air Force AWACS. Aerial refueling support was supplied by Air Force KC-10 "Extend-ers," KC-135 "Stratotankers," and KC-130 "Hercules" from Marine Aerial Refueler Transport Squadron 452 operating from Nellis

Air Force Base, Las Vegas, Nev. Fighter and attack jet crews alternated roles as the attack force and aggressor throughout the exercise,

giving aircrew a well-rounded training opportunity, according to Maj. Flay R. Goodwin, assistant operations officer, VMFA(AW)-242.

According to Palmer, the exercise challenged squadron pilots who had to plan several multi-plane long-range strikes, with little time between each. "Once you got done flying one mission you had to start planning the next," Goodwin said.

Global Patriot also allowed Bats pilots to employ the flexible mission capabilities of the F/A-18D. When aggressors disrupted Bats missions, the crew would simply change roles. "If we got jumped, we'd hold our bombs and go air-to-air," said Palmer.

Capt. Brett G. Hines, flight of-

See **Bats**, Page 10



photo courtesy of Naval Air Warfare Center Weapons Division, Public Affairs Division

**Gen. James L. Jones flies aboard the MV-22 Osprey with his wife Diane (right) June 17 at the Naval Air Weapons Station, China Lake.**

## MV-22 carries passengers again

By Naval Air Warfare Center Weapons Division

Public Affairs Division

**CHINA LAKE, Calif.** — General James L. Jones, commandant of the Marine Corps, kept a promise Saturday, when he became the first passenger aboard an MV-22 Osprey since it was grounded after a mishap in which 19 Marines were killed in a crash at Marana Airport in Tucson, Ariz., on April 8.

The flight started at about 11:30 a.m. from the Naval Air Weapons Station China Lake in California's high desert about 100 miles east of Bakersfield.

"My first thoughts today as we lifted off," the commandant said, "were of the 19 Marines who died in April - and their families. Today I am making good on a pledge I made to the families to be able to tell them the accident was not related to any design flaws. I have no doubt, or I wouldn't be here."

Marveling at the power of the Osprey, Gen. Jones said, "It's an awesome sensation when you take off," the commandant said with a

big smile on his face during a press conference held in the NAWS China Lake Air Terminal after the flight. "It's a wonderful aircraft. As of today, the MV-22 is back in full mode of test and evaluation."

A complete review by the Naval Air Systems Command, the Naval Safety Center and the head of Marine Aviation found no structural or design flaws that precluded safe flight operations of the MV-22. The commandant stressed that a thorough investigation of the recent accident continues as the Marine Corps maintains its commitment to correcting the cause. "Flying in general is risky business," he said, "but this aircraft is not technology-risky." The final investigation report should be out within a month.

The commandant stressed the importance of pilot and crew training because of the differences between it and a normal helicopter. "There is not a shred of evidence there is anything wrong with this plane," he stated. He said the Ari-

See **MV-22**, Page 11

## La Vine to take command of HMM-163

By Lance Cpl. Scott Whittington

PAO, MCAS Miramar

Lt. Col. Kenneth D. Best will relinquish command of Marine Medium Helicopter Squadron 163 to Lt. Col. James K. La Vine during a change of command ceremony scheduled for 2 p.m. Thursday at Hangar 6.

Best, a native of Newton, Mass., has commanded the squadron since Jan. 21, 1999.

His next assignment will be with the Joint Operations Supreme Allied Command Headquarters in Brussels, Belgium.

Best recalled his time with the 'Ridge Runners' as busy and productive. "During my service as CO of the Ridge Runners we flew 5,000 hours, qualified three pilots as Weapons and Tactics Instructors, qualified all pilots in night systems, and became a full combat-ready squadron," said Best. "When you consider where we were in the deployment cycle, this is a testament of the hard work the Marines of HMM-163 put forth every day, thus continuing HMM-163's 'Tradition of Excellence.'"

La Vine comes from eight-month tour as the executive officer of Air Combat Element with the 15th Marine Expeditionary Unit, Camp Pendleton, Calif.

La Vine, a native of Merrick, N.Y., has more than 20 years of service. Entering the Corps in 1980 through the Platoon Leaders Course, La Vine was commissioned a second lieutenant after graduating from Villanova University in 1981.

Throughout his career, La Vine has held nearly every squadron billet and completed a handful of deployments, including a tour with the 11th Marine Expeditionary Unit (Special Operations Capable) during operations Desert Shield and Desert Storm. He also served with the 13th MEU (SOC) in Somalia in support of Operation Restore Hope and UNOSOM II in the early 1990's. More recently, La Vine served as the executive officer of Marine Heavy

Helicopter Squadron 465 (Reinforced) during the Urban Warrior Advanced Warfighting Experiment in early 1999.

La Vine received his current rank September 1998. His personal decorations include the Meritorious Service Medal, the Air Medal with numeral two and the Navy and Marine Corps Commendation Medal with one gold star. La Vine is married to the former Elaine Marie Jung of Glen Rock, NJ. They have two children, JP and Lauren.



Official USMC photo

**Lt. Col. James K. La Vine**



Official USMC photo

**Lt. Col. Kenneth D. Best**

## Flight Jacket



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3d Marine Aircraft Wing

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## Aces revive recreational opportunities on station

**Pond,**  
continued from page 1  
wildlife biologist.

Once the oxygen depletion was noted, the need for the draining was obvious.

Everyday for the past two weeks hygiene equipment operators from MWSS-373 have toiled to maintain a constant watch on the rapidly draining pond nestled in the west hills of mainside Miramar.

The Marines were divided into two teams of three, which took turns watching the generator and maintaining the water pumps. Each teamed worked in 24-hour shifts.

Each day more than 1,000 gallons of water per minute surged through the water pumps to remove the estimated 17 million gallons of water from the pond, said Cpl. Jesse Heinnen, MWSS-373 hygiene equipment operator.

Prior to starting work on the pond a site survey had to be done by MWSS-373. The survey determined where to set up camp and the equipment.

Once the survey was finished, the next and hardest step was getting the equipment to its temporary location, said Heinnen. The pumps are large and difficult to move, so

a crane was brought in to move them, said Heinnen.

Once the equipment was set up and camp was established, empty oil drums were placed in the pond to act as buoys. The drums held up suction hoses to prevent the hoses from sucking up mud from the bottom of the pond and clogging the pumps, said Heinnen.

Draining the pond was only one of many steps these Marines had to do before the project can be completed.

"The next step is to let the pond dry sufficiently, so equipment can be put in there to re-deposit the dirt to reconstruct the contours of the lake," said Taylor.

Areas of the pond needed to be reconstructed in areas to facilitate breeding for fish and make the pond self-sustaining, said Taylor.

Once the pond is recontoured, aerators will be put in to circulate oxygen throughout the pond, much like filters on fish tanks.

Then, it will be refilled and stocked with blue gill, channel catfish, and large-mouth bass. It will then be annually restocked with catchable trout, said Taylor.

Taylor hopes to see the pond project completed by December 2000 and expects it to be open in



photo by Cpl. Carolyn S. Sittig

**Empty oil drums lay in a deceptively placid pond in the west hills of mainside Miramar. However, activity is constant as the hoses rapidly drain its contents. The drums floating atop the surface were used to hold the hoses from sucking the mud off the bottom of the pond and clogging the pumps. More than 1,000 gallons of water per minute surged through the water pumps to remove an estimated total of 17 million gallons from the pond. The pumps were meticulously manned and maintained by MWSS-373 Marines who spent two weeks draining the pond. Drainage is scheduled to finish today.**

the spring of 2001.

Expansion for the recreational area is a possibility, said Taylor. Ninety-three acres around the pond

has been set aside for recreation, so there is the possibility of expansion to include hiking trails or campsites.

"We're doing this work, not because the pond is a health hazard, but because it can't support fish," said Taylor.



## Quantico to receive Corps' newest SUV

By Sgt. Michael Niman

PAO, MCB Quantico

**MARINE CORPS BASE QUANTICO, Va.** — Though the Marine Corps procured the Interim Fast Attack Vehicle as a replacement for the M-151 Jeep in the Fleet Marine Force, Quantico Marines are now getting their hands on one to evaluate it in a base support role.

Quantico's range control section will soon receive the Corps' newest tactical utility vehicle and become the first non-tactical unit in the Marine Corps to receive and evaluate the IFAV.

The vehicle is one of 62 the Marine Corps contracted for last year from Advanced Vehicle Systems, Washington, D.C., who partnered with Daimler/Chrysler for rapid manufacture of the Mercedes-Benz 290 GDT long wheel-base vehicle.

Of the IFAVs received by the Corps, 24 were issued to II Marine Expeditionary Force in Camp Lejeune, NC., 24 to I MEF in Camp Pendleton, Calif., and 12 were sent to III MEF in Okinawa, Japan. Marine Corps Systems Command retained the remaining two IFAVs for testing and configuration management.

MarCorSysCom Commanding General Brig. Gen. James Feigley formally handed over keys to one of the remaining IFAVs to Brig. Gen. Leif Hendrickson, base commanding general, 11:45 a.m. Monday in front of Lejeune Hall.

"From discussions and meetings by

MCCDC and MarCorSysCom senior officers, not unlike the way the Corps started in Tun Tavern, the idea came up that the commercial-based IFAV might have good utility in less tactical base support operations," said Lt. Col. Thomas F. Manley, program manager for transportation, MarCorSysCom. "The thinking behind it was, since it was designed as an aggressive off-road sport utility vehicle, it would probably better suited for some of the rougher terrains around base than the vehicles currently in use."

"We use four-wheel-drive vehicles to aid personnel in training areas - but sometimes they get stuck," said Sgt. Gerald Spilatro, who is one of three range control Marines recently trained to operate the IFAV.

The range control Marines trained extensively for one week learning maintenance and practicing driving on paved roads, unimproved gravel roads and rough off-road areas. "With an IFAV in two-wheel drive, our instructor easily got through areas we frequently get our Dodge Rams stuck in," said Spilatro.

"When there is heavy rain, there are certain roads that we have to stay off, but with



photo by Cpl. Brian E. McElaney

**Quantico Marine Corps Air Facility units participate in tests to prove the IFAV's suitability to be externally carried by helicopter in March. The tests proved the IFAV could not only be safely carried, but it could also be carried in tandem, raising the operational capacity of the vehicle.**

the IFAV we can go anywhere, if it is raining or not," he added. It won't hold the M-19 40mm grenade launcher or the M2 .50 caliber machine gun, like some of its rela-

tives in the FMF, but Spilatro believes the IFAV will prove to be a valuable asset to the Marine Corps in non-tactical roles just as in tactical missions.

## Shipmates share oath, ship over



photo by Petty Officer 1st class David L. Napper

**All five corpsmen attached to MAG-16 said the oath of reenlistment in chorus, June 9, under the administration of Commander Richard K. Roach, MAG-16 flight surgeon. The reenlistment will take Chief Aurelio Velazquez Jr., and petty officers 2nd class Mario S. Balcos, Danny R. Potter, and John M. Baker to their 20-year service milestone.**

## Sergeant Major's Corner

### Friends or acquaintances – I say friends

By Sgt. Maj. Robert W. Holub

Marine Forces Pacific Sergeant Major

**CAMP H.M. SMITH, Hawaii** – When I talk to people and say something about the "friends" I have in the Marine Corps, there always seems to be some wise guy who tries to correct me and say something to the effect of "You don't have friends in the Marine Corps, Sergeant Major. You have military acquaintances."

Well, I've been thinking about that statement and the people who make it. And that is what I would like to talk to you about this week.

From the moment you raise your hand and enlist to come into the service, you begin meeting people from every conceivable walk of life. On the way to Parris Island or San Diego, you begin to share some of your thoughts and feelings with these people who moments before were complete strangers. Why? Because you're far from home, you're scared, and all of you are in the same boat. As you graduate from boot camp and travel to your military occupational specialty school or first duty station, you again meet different people, and in a few weeks new relationships are once again established.

During the time you are in the Corps, whether that is three years or 30, you will

probably spend more time with these fellow Marines and Sailors than you will with your very own family.

You will train, deploy, go on liberty, play ball, shoot the breeze, drink beer and probably share some of your most important thoughts and dreams for the future while you are with them. Some of you will become godparents to other Marines' children. You will be asked to be the best man or maid of honor at their weddings, and some of you will be shoulders to cry on as you lay them to their final resting places. You will baby-sit each other's children and fix each other's cars. You will help each other move, and I believe you will get to know each other better than any other people you know short of your parents – all in the space of an enlistment or a deployment.

I hardly consider these people that you share all of this with as mere "acquaintances."

In the time I have been a Marine, I have met many people. And while it may be true that I have not formed lasting friendships with all of them, I certainly have with some. For example, while I was in Okinawa recently, I was invited to dinner by the sergeants major on island. We were gathered there to say farewell to Sergeants Maj. Skip Paradine and Don

See **Sgt. Maj. Corner**, Page 11



## DoD task force looks at domestic violence

By Linda D. Kozaryn

American Forces Press Service

**WASHINGTON** — In the military, “family” ranks right up there with “duty, honor, country.” Strong families mean ready forces. Troubled families mean trouble.

Just as the military fought discrimination and substance abuse in its ranks, DoD is now turning its guns on domestic violence. A congressionally mandated task force is studying the problem. The 24 appointed members — half military and half civilian — held their first meeting to launch the project earlier this month.

“It’s a big effort, but we’ve got three years to try to make a dent in this,” said Lt. Gen. Jack W. Klimp, the Marine Corps’ deputy commandant for Manpower and Reserve Affairs.

Klimp and Deborah D. Tucker, executive director of the National Training Center on Domestic and Sexual Violence, Austin, Texas, are the panel’s co-chairs. They recently talked about the panel’s mission during an interview with American Forces Information Service.

“Domestic violence is contrary to our core values and it’s something that we ought not tolerate,” said Klimp who dealt with domestic violence cases when commanding various units. As a commander, he said, he had to identify that an incident had occurred, verify its intensity, ensure appropriate action was taken and follow the case to ensure the perpetrator was not guilty of other offenses.

“Every once in a while, in spite of the quality of the people we have, we’d have somebody that would get into trouble and they’d come to me for potential disciplinary action,” Klimp said. “Almost invariably when I asked the company commander or the first sergeant, ‘What kind of a Marine is this?’ They’d say, ‘He’s a good Marine, Sir. We ought to take it easy on him.’ “My response to that was, ‘You’re a Marine 24 hours a day. You’re not just a Marine in the field. You’re expected to conduct yourself like a Marine all the time.’ Domestic violence is not Marine-like. It’s not soldier-like. It’s not sailor-like. It’s not airman-like. We need to ensure that every Marine, soldier, Sailor and airman in the Department of Defense understands that this is not part of being in the United States military.”

Domestic violence is a national problem, not just a military problem, Klimp stressed. “Because the military is a reflection of the nation as a whole, Congress asked us to take a look at how we’re dealing with the issue within the Department of Defense,” he said.

Task force officials will visit bases and nearby civilian communities throughout the military. “There’s a great deal of exchange now that goes on between the bases and the communities,” Klimp said. “The communities sometimes have resources and assets that the bases can call upon to assist with a program. We’re going to try to determine just what is available and what kind of ex-

changes can go back and forth.”

Klimp said the military’s Family Advocacy program, the largest employer-based program in the country, is “already a very, very good program.” The task force will look at ways DoD can improve its efforts to combat domestic violence and protect victims.

DoD officials want to prevent domestic violence “from ever happening at all,” he said. “I think the civilian communities and the military can work together to solve a national problem.”

Tucker will share her 25-years experience fighting domestic violence in the civilian community with the other task force members. She said both sides stand to learn from each other and make recommendations to benefit both military personnel and civilians.

Civilian communities generally have approached domestic violence from a victim advocacy standpoint, Tucker said, while the military has spent much more of its resources and focus on the offender. She said she believes both can benefit by combining their knowledge.

Tucker seeks to encourage greater collaboration between family support agencies and law enforcement officials, within the military and civilian communities. She said communication and cooperation are essential to understanding the full domestic violence picture.

“Many times there are instances that happen off-base that, the military leadership may not be aware of,” she said.

“Civilian officials, as well, may come into contact with an individual and not know that he already is under orders on-base related to domestic violence.”

The task force will look at the causes of domestic violence and whether the problems are essentially the same for military and civilian families. But, no matter what the cause, Tucker said, the most important thing is determining the best way to stop it.

“Some people believe domestic violence is caused by individuals with such a strong desire to control everyone in the family that they’ll use violence to achieve that control,” she said. “Other people believe that violence is connected somehow to stress and that people under stress may react in various ways, including violence.”

Responsible adults know how to control themselves, Tucker said. People who define themselves around how their spouse or children behave are “totally missing the boat.”

“Their responsibility as a partner or as a parent is to encourage people to develop and to find their own way of being a part of the community,” she said.

Many who commit domestic violence grew up in homes where they were abused, she added. Many victims stay in violent marriages because they believe the first violent incident was an aberration due to stress or too much to drink. They convince themselves it will never happen again. But it does.

See **Domestic Violence**, Page 11

### Through a pilots eyes



photo by Cpl. Carolyn S. Sittig

**Steven Littrel, 9, looks out the cockpit of a CH-46 during a recent Boy Scout Troop 244 and Cub Scout Pack 203 tour of HMM-165 June 13. The troop and pack are looking for a place to hold their meetings since they have been relocated to a temporary facility. Potential sponsors can call (858) 597-7287.**



# Sea World

## offers a wet, wild discovery

Story and photos by  
Lance Cpl. Scott Whittington

PAO, MCAS Miramar

**T**hrough water goggles, divers can see a whole other world that remains shielded from the eyes of land dwellers. However, there is a place that sheds light on the concealed world and exposes some of its many secrets, Sea World Adventure Park here in San Diego.

Guests to the park can see spectacular choreographed performances by dolphins

and killer whales, as well as, birds soaring through the air and polar bears diving into chilly water.

"It was entertaining and educational at the same time," said Lance Cpl. Kathryn A. Dempsey, combat videographer, Headquarters and Headquarters Squadron here. "There is something for all ages to enjoy."

Guests, young and old, fill the stands daily to see killer whales, dolphins and sea otters perform aerobatics and "hydrobatics." A transparent acrylic wall also allows spectators to see the perfor-

mance above and below the water. With every leap from the water came waves of cheers followed closely by a wall of water that soaked many front-row onlookers.

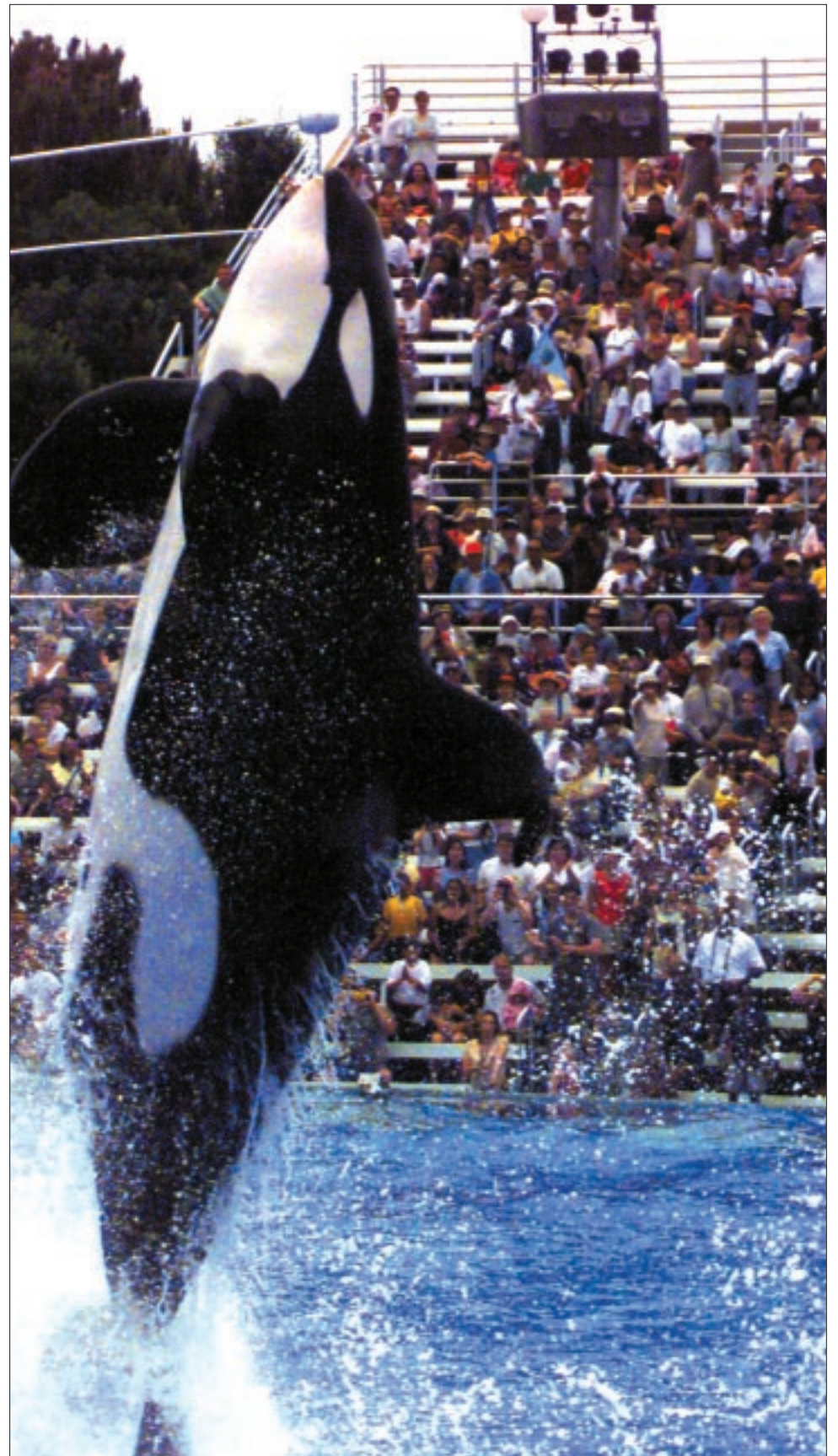
"I loved being able to see under the water and actually see the animals clearly instead of trying to find them like in most zoos," said Lance Cpl. Miguel A. Morales Jr., fuel specialist, H&HS. "I loved being so close to them. It is not something I can do on a daily basis."

Not only does Sea World offer aquatic and bird shows. The park also has a giant playground for children, a rock climbing

wall and a trampoline with safety harness for those who want to perform spectacular aerial feats. There are also sports competitions on, over or around water and an interactive experience at Pirates 4-D, a new addition to Sea World where special effects of the movie spill out into the audience and viewers get wet.

Just looking at the animals from the stands or leaning over the railing may not be enough for some people. For those people, the park offers interactive experiences with the animals.

These experiences include swimming







(Far left) A sealion grins for the camera after eating a fishy treat. (Left) Shamu the killer whale darts from the water to conclude his aquatic performance. (Top) Shamu swims by the viewing window to say hello to his Sea World visitors. (Above) A flamingo grooms himself in the middle of one of the park's many open-air habitats.

with dolphins through the Dolphin Interaction Program, hand feeding a variety of nature's wet friends, and enjoying a meal right alongside the occasional visitor that swims or flies by at the Shipwreck Café.

Through the Dolphin Interaction Program, guests are allowed in the water with the dolphins. In certain areas such as the sea lions' tank, booths have been set up for guests to purchase raw fish and squid for hand feeding.

"It feels great being so close to the animals. These things might be seen on television, but an interactive experience is more personal," said Dempsey as she hand fed a sea lion. "No one can feel the heart beat of a dolphin or the power of a killer whale's splash through television screen."

The park is open year round 10 a.m. during the fall, winter and spring and 9 a.m. during mid June to Labor Day. Closing times vary.

Ticket prices for service members, their families and DoD personnel can be purchased at a reduced price through Entertainment Tickets, Marine Corps Community Services here. Adult tickets are \$32.20 and \$25 for children tickets as opposed to \$40 for adults and \$30 for children at the park. Yearlong passes are also available for \$74.95 for adults and \$59.95 for children. Yearlong passes are the same price as they are at the park, but also include a \$50 coupon book from MCCA and parking.

"Sea World is a day of fun and you will learn a lot of things," said Gina P. Smedley, ticket office manager, MCCA Miramar. Sea World is located just off I-5, for further information on Sea World or other southern California attractions, please call Entertainment Tickets at 577-4141 or 577-4126. Entertainment Tickets is located in Building 2524 on Mitscher Way.



## Avoid heat illnesses – beat the heat, stay cool

By Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

With the onset of summer and the increasingly warm temperatures many people are spending more time outdoors basking in the sun, swimming and engaging in a number of outdoor activities. Yet, because more people are out in the sun for longer, they can be at risk for a heat illness.

To understand how a person can be at risk, it is important to know how the body gets hot and stays cool. There are two ways the body creates heat. One is through basal metabolism, which is constantly being made to sustain a person when they are resting, according to Buck Tilton in the article “Hot days and Hot Heads: Understanding Heat Illness,” on the Wilderness Medical Institute Web site, [www.troop5psc.com](http://www.troop5psc.com). Another is exercise metabolism created through strenuous exercise or activity. This type can create 15 - 18 times more heat than the body creates during basal metabolism, said Tilton.

The body also gets heat from the sun, which combined with exercise metabolism, can cause the body to buildup more heat than it can get rid of resulting in a heat illness, said Tilton.

The most minor of the heat illnesses is heat cramps. Heat cramps are severe and sometimes disabling cramps that typically begin suddenly in the hands, calves or feet during or after vigorous exercise.

Massaging and stretching the affected muscles can reduce the severity of heat cramps. Drinking water with a tablespoon of salt added per liter will also ease the discomfort by re-hydrating the body, said Tilton. Heat cramps usually don't result in people, who are properly hydrated, added Tilton.

Another heat illness is heat exhaustion. Heat exhaustion occurs when a person's body is overheated and dehydrated, and their blood rushes to the surface of their skin making less blood go to their organs, muscles and brain, according to the article, “Heat Illness,” on the On Health Web site, at [www.onhealth.com](http://www.onhealth.com).

Symptoms include: fatigue, weakness, confusion or anxiety, drenching sweats, often accompanied by cold, clammy skin, slowed or weakened heartbeat, dizziness or fainting, according to the On Health Web site.

Treat a victim of heat exhaustion by mov-

ing them to a shady area and re-hydrating them with either slight salty water or an electrolyte sport's drink, according to the Wilderness Medicine Institute Web site. If heat exhaustion is left untreated it can elevate to heat stroke, a life-threatening condition.

Heat stroke is the third and most serious heat illness. It can occur during high humidity and high temperatures, causing a person to become dehydrated to the point where their body cannot sweat and overheats, said Tilton. Incidents of heat stroke are more likely when performing strenuous activities in high temperature conditions.

Heat stroke symptoms are the opposite of heat exhaustion. Rather than sweating, a person who has heat stroke does not sweat, their skin is very dry and hot. Other symptoms include strong, fast pulse, high temperature between 106 - 112 degrees Fahrenheit, and confused, strange, or angry behavior. The person may feel chilled, nauseated, or dizzy, and soon becomes unconscious, according to the Arnot Ogden Medical Center Web site at [www.aomc.org](http://www.aomc.org).

Because heat stroke is a life-threatening condition, treatment is essential and emergency medical treatment should be sought if someone is showing any of the previously mentioned symptoms. The treatment should focus on lowering the person's body temperature by removing their clothing and covering them with wet cotton towels and vigorously fanning them. A person should also massage the victim's arms and legs and place ice packs on their neck, groin, and armpits, said Tilton.

To prevent a heat injury several methods can be employed. A person should make sure they drink plenty of water. To determine how much water a person should drink depends on how active they are. An inactive person should be drinking the equivalent of 50 percent of their body weight in water ounces and active people should be drinking 75 percent.

If an active person weighs 100 pounds they should drink 75 ounces of water per day, according to the Naturdoc Web site at [www.naturdoc.com](http://www.naturdoc.com). An inactive 100-pound person would drink 50 ounces of water a day. People should drink water even if they don't feel thirsty because the body can lose water so fast a person won't always feel thirsty when they need water, according to the Great Outdoors Recreation Pages Web site, at



photo by Cpl. Carolyn S. Sittig

**Staff Sgt. Maria Thompson, Marine Air Control Group 38 Information Systems Securities officer, takes a breather and tries to cool down after running several miles on the tread mill at the Barn.**

[www.gorp.com](http://www.gorp.com).

When people exercise they should go at a pace that allows their body to gradually adjust to the heat. Also, people who exercise or work outside should take breaks during the day and middle afternoon hours and wear a hat, according to the GORP Web site.

Making sure people stay hydrated and eat salty foods while staying cool will help keep heat illnesses away. The best thing people can do is pay attention to their bodies, if they are sweating profusely, then drink water. If it is hot outside, exercise when it's cooler or go at a slower pace.

### Heat Flags

Heat condition flags are posted both in front of the Main Gym and on the North side of the Airfield Operations building. If you have questions about what flag condition the air station is in, and you do not have access to the posted flags



• (Heat condition 1 represented by a green flag: Index 80.0 - 84.9)  
Heavy exercise for unacclimatized personnel should be conducted with caution and under constant supervision.



• (Heat condition 3 represented by a red flag: Index 88.0 - 89.9)  
All physical training should be halted for those personnel who have not been acclimatized by at least 12 weeks of living in the area. Those personnel acclimatized may carry out limited activity not to exceed six hours per day.



• (Heat condition 2 represented by a yellow flag: Index 85.0 - 87.9)  
Strenuous exercise such as marching at standard cadence should be suspended for unacclimatized personnel in their first two to three weeks. At this index (flag), training activities may be continued on a reduced scale after the second week of training. Outdoor classes in the sun should be avoided.



• (Heat condition 4 represented by a black flag: Index 90.0 +)  
All strenuous activities should be halted for all personnel.

or the weather web site at [www.weather.miramar.usmc.mil](http://www.weather.miramar.usmc.mil) or you can call 577-1436, 577-1533 or 577 4028. The air temperature alone does not make up the index, so do not use that as a guide. However, the following information is provided:

### Free Movies

- **Today:** 28 Days (PG-13), 6:30 p.m.; Love and Basketball (PG-13), 8:30 p.m.
- **Saturday:** U-571 (PG-13), 6:30 p.m.; Battlefield Earth (PG-13) 8:45 p.m.
- **Sunday:** My Dog Skip (PG), 1:00 p.m.; Keeping the Faith (PG-13) 6:30 p.m.
- **Monday:** closed
- **Tuesday:** closed



# Posse slips past 4 Real, 13-10

***Undefeated MALS-11 plays for intramural noon league soft title today***

By Staff Sgt. Ted L. Hansen

PAO, MCAS Miramar

Marine Aviation Logistics Squadron 11 “Posse” continued its undefeated stampede of the intramural softball Noon League Monday, slipping past Marine Wing Support Group 37 “4 Real”, 13-10.

The Posse “run machine” scored four or more runs in three of four innings played, lead by right fielder Mike Granger. He knocked in four, including the winning run and scored two as well. Granger went 3-for-3, with a triple and two singles that were misplayed resulting in triples.

Left fielder Jeff Monssen added four runs to the total. He batted in the first two Posse runs and scored twice, going 2-for-3 with a double and a single. Catcher David Hawkins gathered three runs-batted-in and a run scored, with a double and single in three at bats.

In total, five Posse players scored two runs and all but one starter scored at least one run. Eight starters also had multiple hit games. When the Posse offense seemed to cool down, untimely 4 Real defensive errors fanned the flames. At least a half-dozen errors directly contributed to at least three Posse runs.

However, the 4 Real offense kept them in contention. First baseman Jerome Rukavina played good on both sides of the plate.

In addition to solid fielding, Rukavina was 2-for-3, including a 3 RBIs, a double and a single. Right fielder James Barton and second baseman Troy Madison hit three singles and scored twice apiece.

A handful of Posse defensive errors returned the favor to the 4 Real offense. Posse errors directly lead to four unearned runs. A two-run error by Granger started 4 Real’s last-effort rally, but their bats could



(Left) Posse left fielder Jeff Monssen slides into home ahead of the ball while En Fuego pitcher Tim Vilas awaits the throw. The undefeated Posse downed En Fuego 13-10 to advance to the semifinal round of the intramural softball Noon League championship tournament. (Lower left) En Fuego first baseman Jerome Rukavina stretches for a throw as Posse catcher David Hawkins speeds down the baseline. Rukavin lead En Fuego offense with three RBIs, a double and a single. Hawkins added three RBIs as well, hitting at the bottom of a potent Posse batting order.

photo by Lance Cpl. Scott Whittington

only produce one more run before the umpire declared time had expired after they suffered their second out.

The victory advanced Posse to today’s 11:15 a.m. championship game to be played on Field 4. Undefeated Posse will face the regular season second-place team, the 13-2 “Tyrants” from the Headquarter and Headquarters Squadron Finance Office. Tyrants recently claimed the Southern Pacific League Division II title at Naval Station San Diego June 15.

MWSG-37 will play Marine Tactical Air Control Squadron 38 “En Fuego” immediately following at 12:15 p.m. The loser of the Posse/Tyrant match up will the winner of the 4 Real/En Fuego game Monday at 11:15 a.m. The final championship game or games will be played Wednesday on Field 4 at 11:15 a.m., and 12:15 p.m. if needed.



photo by Lance Cpl. Scott Whittington



## Mini T-ball continues

Mini T-ball registration continues through July 14, for the Aug. 5 to Sept. 16 season. Kids ages 3 - 4 can be registered at the Youth Center. The \$7 fee includes a T-shirt and a lot of fun! Call 577-4136 for more information.

## Youth T-ball, softball deadline approaches

Register for T-ball and softball through July 7. The age groups are 5 - 7 for T-ball, 8 - 10, 11 - 13 and 14 - 16 for 3-pitch softball. A fee of \$36 includes a T-shirt, trophy and picture package. Games will be played on Saturdays at Murphy Canyon Youth Center and MCAS Miramar. Registration is open to all DOD and military family members. A completed registration, payment and current medical assessment are required. Call the Miramar Youth Center at

577-4136 for details.

## Museum seeks volunteers

The Flying Leatherneck Museum here is looking for volunteers to assist with the museum's gift shop. For more information, call (858) 693-1723 or (949) 643-1802.

## Red Cross holds dental assistant training

The American Red Cross volunteer dental assistant training is scheduled to begin July 24. There is no fee, however, class size is limited. For more information, call (619) 532-8165.

## Base Education Center gets new electronic response system

The station Education Center has a new e-mail address to respond to patron's questions. Their e-mail address is OMBEC. All ques-

tions should be answered within one working day. For more information, call (858) 577-1801.

## Recreation safety brief to be held

A Semper Fit brief on recreation safety will be given Tuesday from 8 - 9:30 a.m. in the base theater. Topics will include off-roading, motorcycling, hiking, as well as feature representatives from the Outdoor Adventure Center, and San Diego County Parks and Recreation, along with others.

## Recycling Center relocates

The station Recycling Center has relocated to the old Provost Marshall facility located in Building 6310. The center is open Monday-Friday from 7:30 a.m. - 4:30 p.m. Materials can also be dropped off at the satellite yard located in the parking

lot of the main exchange. For more information, call 577-6366.

## Station Library extends hours

The station library is now open every Monday - Thursday from 7 a.m. - 9 p.m., Fridays from 7 a.m. - 6 p.m. and Saturdays from 10 a.m. - 6 p.m. For more information, call 577-1261.

## Experienced Rider Course offered

The Safety Officer holds the Experienced Rider Course the third Wednesday of every month. The course concentrates on cornering, braking and swerving. For more information, call Dan Jaquez at 577-8595.

## Career Resource Centers temporarily extends hours

The station Career Resource Center is extending

its hours from May 30 until Aug. 26 on a trail basis. The trail period will record how many people use the facility and when to determine if their hours need to be increased permanently. The new hours are Monday-Thursday from 7 a.m. - 9 p.m., Friday from 7 a.m. - 6 p.m., Saturdays from 10 a.m. - 6 p.m. and closed Sundays and holidays. For more information, call 577-6710.

## Camp Pendleton to open Correctional Custody Facility

Work is underway on a new Correctional Custody

facility. The facility is scheduled to open October 2000, at MCB Camp Pendleton.

## Last chance to take SATs on base

The Lifelong Learning Center here is offering four different test dates for the Scholastic Aptitude test from now until June 30. Testing starts at 7:30 a.m. in Building 5305 and Marines do not have to make reservations.

The testing opportunity is Monday. For more information, call 577-1801.



## H & HS 'Blessed' by new CO



photo by Staff Sgt. Ted L. Hansen

Lt. Col. Jeffrey G. Lucas hands the colors of Headquarters and Headquarters Squadron MCAS Miramar to Lt. Col. Paul R. Bless, the squadron's new commanding officer, during a June 16 change of command ceremony. Lucas and Bless were classmates at Officer Candidate School and The Basic School more than 20 years ago. Lucas is retiring after 22-years of service. Bless said he feels thankful and privileged to lead the more than 1,100 Marines of H&HS.

## Accidents, continued from page 1

Through the program, all service members here at Miramar would receive a card registered to them. They then give the card to any Orange Cab driver for a ride home if they are intoxicated. Service members could get a ride home or back to the base and Marine Corps Community Service will pay the taxi fare. However, the service member must pay MCCS back on their next payday.

The goal of these programs is to reduce fatalities, accidents and any type of vehicle mishap, said Jaquez.

Despite the positive response from service members, who have attended these courses, the number of traffic fatalities is still on the rise. To reduce the number of deaths, Jaquez hopes to get the leadership more involved to help with safety prevention. He also wants to continue having units receive safety briefs before long weekends. These briefs touch on topics ranging from the maximum hours a service member should drive in one day to letting others know your driving route in the event a service member doesn't return.

They are striving to counter the climbing death toll through proactive statistical analysis, to find common trends and focus on those commonalties, said Ward.

Regardless of the programs and measures, if safety isn't practiced everyday it won't help. "Safety isn't necessarily driving or work, it's a way of life and being proactive in everything you do," said Ward.

## Pay Hike, continued from page 1

table was about right — E-2 rates, for example, don't change July 1, he said.

"The E-2 pay raise has historically been more than the E-3 or E-4 pay raise in terms of dollar values," Bloxom said. "We put a lot of money into the E-3 and E-4, such that, with that promotion it brings more than the E-2."

Regardless how much their pay increases July 1, all service members will benefit from the reform as they continue to serve and are promoted. "That's why I call it an adjustment," Bloxom said. "People will still get the this raise one, two, three or four years from now." The officer pay table will receive a bigger boost than the enlisted table because, Bloxom said, it was more out of whack.

"We only get the officer pay table back to about 53 percent of a person's increases

in pay due to promotion and 47 percent due to longevity," he said. But, he said, overall more money went into the enlisted pay table. "So over the course of time enlisted personnel will receive more successive pay raises as a result of pay table reform," he said.

He said the 9th Quadrennial Review of Military Compensation is now under way and the panel is looking at the enlisted pay table. He said Congress is also looking at pinpointed raises for mid-level NCOs.

"The 9th QRMC is looking at enlisted pay issues across the board from entry pay through the balance that's struck between senior level NCO pay vs. officer pay — levels of responsibility, degree of education," he said. He said he hopes that when the panel finishes, DoD will see some concrete recommendations for what to do with enlisted pay.

## Bats, continued from page 2

ficer, VMFA(AW)-242, said the many units involved operating from distant locations made the exercise more realistic. "All the different aircraft were coming into the air space from different direction," said Hines.

He was most impressed with the seamless coordination between the different mission commanders. "The strikes went off without a hitch as if we were in one place, in one room," said Hines. Squadrons used a combination of e-mails, faxes, and phone calls to keep the information flowing throughout the mission planning process, said Hines.

Operating also allowed busy Bats maintenance Marines to stay at home while they worked hard to keep the engines turning throughout the week. According to Palmer the efforts of maintenance Marines resulted in quick turn-around times and allowed the Bats to make all but three tasked sorties.

Capt. Ed T. Rush, Bats schedules officer, said the execution of the missions was also realistic. "It simulated actual long-range combat missions, hitting the tanker on the to and from the objective," he said. "As people who are training to be warriors its good to train in combat conditions or as close to combat conditions as possible." The exercise was a very intense week's worth of training. The squadron will unfortunately miss next year due to their scheduled unit deployment to MCAS Iwakuni, Japan, according to Goodwin.



**MV-22,**  
continued from page 2

zona crash was caused by a ring vortex when the aircraft entered into its descent too fast for its forward air speed. Ring vortex phenomena is common to all helicopters. “This is not new,” Jones stated. “The challenge is for crews to recognize it and power out.”

Accompanying the number one Marine in the aircraft was his wife, Diane, Naval Air Warfare Center Weapons Division Commander Rear Adm. Bert Johnston, the president of Bell Helicopter/Textron John Murphey, Boeing Vice President and General Manager for Military Aircraft and Missile Systems Patrick Finneran Jr., and members of the Associated Press, the Marine Corps Times and Navy Marine Corps News. “It was a splendid flight,” said the admiral.

A second MV-22 held representatives of the press and the heads of the Boeing and Bell MV-22 programs. The two planes flew for approximately 20 minutes. The MV-22 combines the strengths of a turboprop aircraft and a helicopter. The engines are mounted on the tip of the wing and can be rotated to thrust straight up to land like a helicopter, then transition down to fly like an airplane. The MV-22 is quieter, faster, can fly farther and carry a greater payload than conventional helicopters.

Gen. Jones said the flights were held at NAWS, not only because the plane is under-

going its operational evaluation (OPEVAL) - its “spin-up” - but because China Lake is known the world over for its ranges. “It is very, very important place for naval aviation,” he said.

The MV-22 Osprey started its OPEVALs at China Lake June 5. A self-contained unit, the MV-22 Multi-Service Operational Test Team, is conducting all of the OPEVAL testing.

Plans call for the Marine Corps to purchase 360 MV-22s, the Air Force to buy 50 CV-22s and the Navy to buy 48 HV-22s.

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**Sgt. Maj. Corner,**  
continued from page 4

McGowan who, after serving 30 years in our Corps, were bringing their active duty service to our country to a close.

As I sat there looking around the table while we talked about things which had happened to us and our families over the years, I realized that there, at the table, sat seven Marines whom I had known and served with for the greater part of my adult life.

In the case of Sgt. Maj. Paradine, it had been more than 29 years. I first met Sgt. Maj. Paradine when he was a corporal when I checked into Marine Barracks Subic Bay in the Philippines in late 1971. He was one of the first noncommissioned officers I had met in the Fleet Marine Force to take me

under his wing to make sure I stayed on the straight and narrow path. He and his wife were there the night I met my own wife 28 years ago, and we have served together many times throughout our careers. He once relieved me as the Sergeant Major of 1st Battalion, 9th Marines and another time he relieved me in the Gulf after Desert Storm. Finally, he served with me as the Sergeant Major of the 3rd Marine Division right here in Marine Forces Pacific. If time alone was the measuring stick between “friendship” and “acquaintance,” I think the time Sgt. Maj. Paradine and I have known each other would make us fit the former rather than the latter, wouldn’t you?

Some of the Marines at the table and I served together as drill instructors from 1975-1976, and others served with me at duty stations around the globe. Our wives all know each other and our kids grew up together. We all shared the trials and tribulations of being Marines together and of raising our families. I can think of no other word to describe what we are other than “friends.” The word just seems to fit.

My advice to you this week is simple. Savor these times, Marines. Savor these times and the friendships you make because time passes much too quickly. You might be shipmates, comrades, friends or extended family, but mere acquaintances? Never! Why? Because you are Marines, that’s why.

**Domestic Violence,**  
continued from page 5

“When it happens again and again, the victim stays because they begin to believe the things that batterers typically say. ‘I wouldn’t have hit you if you hadn’t done this ... You’re stupid. You’re fat. Nobody else would want you.’ “Victims tell us that the hardest things to overcome are not the beatings; it’s the things that are said. Those are the hardest things to reject and to say, ‘No. I’m smart. I’m wonderful.’”

Military and civilians alike need to teach their children that there is no excuse for anyone to hit them, Tucker stressed. “No one deserves to be abused no matter what they’ve done, no matter what they’ve said.”

The bottom line, she said, is that anyone involved in domestic violence needs to get help. “Don’t hope that it will get better. Our experience is that it will only get worse if someone doesn’t step in and help.”

According to Klimp and Tucker, DoD wants to ensure that help is there when needed, and to prevent domestic violence from ever happening again. As the general said, domestic violence violates the military’s core values.